Module 17 Lesson Plan

Effect of Emotions, Disabilities and Alcohol and Drugs on the Driving Task

Content

Essential Knowledge and Skills 31-34

- SENSES USED WHILE DRIVING
- EMOTIONS
- PHYSICAL DISABILITIES
- ALCOHOL AND DRUGS' EFFECT ON THE BODY
- BLOOD ALCOHOL CONCENTRATION
- OTHER DRUGS
- EFFECT OF ALCOHOL AND DRUGS ON THE DRIVER
- ALCOHOL RELATED CRASHES IN MONTANA
- AVOID IMPAIRED DRIVERS ON THE ROAD
- ASSIGNMENT
- ASSESSMENT

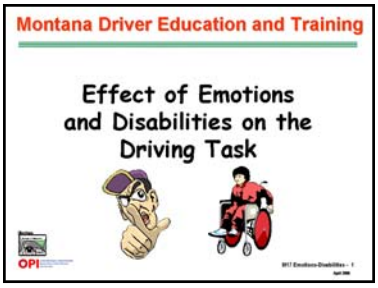
OPI Linda McCulloch, Superintendent
Montana Office of Public Instruction
www.opi.mt.gov

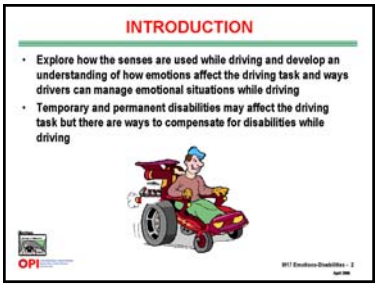
M17—Effect of Senses, Disabilities, Alcohol and Drugs

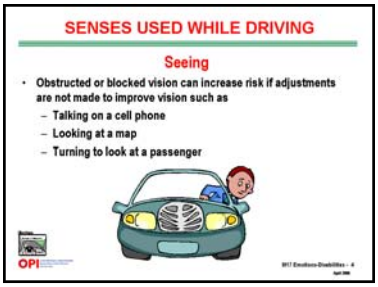
Lesson Objective: Know how the driving task is affected by emotions, disabilities; explore the effect of alcohol and drugs on the body and driving task; consider saying "no" to alcohol and other drugs; how Montana and the nation is affected by drivers who drink, and recognizing Montana's laws regarding driving impaired.

Instructional Topic	Content	Slide
INTRODUCTION	**Introduce, model, practice and discuss** Driving while impaired - whether by alcohol, by other drugs, or by alcohol and one or more other drugs combined - is a major health and safety problem • Alcohol is the most widely used drug and the one most often linked to motor vehicle crashes • Other drugs, however, and especially when they are combined with alcohol, can also interfere with a person's ability to drive safely • Drivers must divide visual and mental attention while driving, for example, watching for oncoming traffic and changing traffic lights at the same time • Tasks requiring divided attention are most sensitive to alcohol effects	T17-1 T17-2
SENSES USED WHILE DRIVING	**Introduce, model, practice and discuss** Knowing what normal senses will help drivers identify when their senses are impaired • Anytime senses are impaired, driving risks increase, especially if compensation techniques are not known or used • Risks increases with more multi-tasking and sensory overload Obstructed or blocked vision can increase risk if adjustments are not made to improve vision	T17-3
◆ **Seeing**	Examples of how drivers affect their ability to see while driving include • Eating • Talking on a cell phone • Looking at a map • Turning to look at a passenger	T17-4
◆ **Hearing**	Distractions to hearing can create potential risk that can limit a driver's ability to respond to critical information • Examples of how drivers affect their ability to hear while driving include • Driving with headphones on • Driving with a loud radio or music system • Talking on a cell phone • Listening to a loud radio or music system	T17-5

Student Learning Activities	Resources







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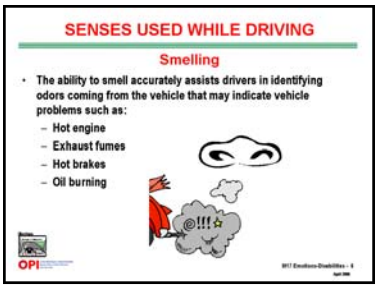
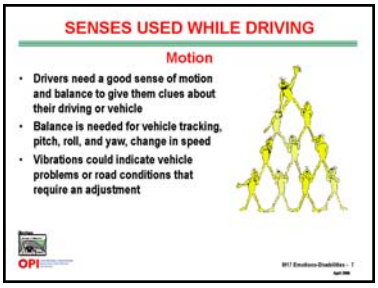
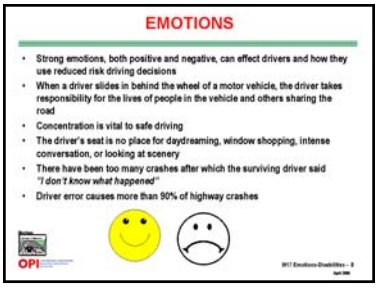
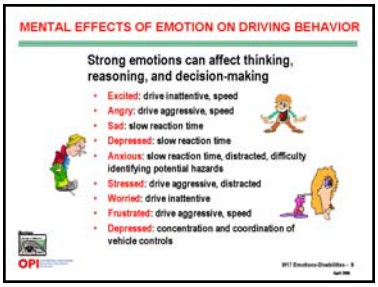
Instructional Topic	Content	Slide
◆ **Smell**	The ability to smell accurately assists drivers in identifying odors coming from the vehicle that may indicate vehicle problems such as: • Hot engine • Exhaust fumes • Hot brakes • Oil burning	T17-6
◆ **Motion**	Drivers need a good sense of motion and balance to give them clues about their driving or vehicle performance Motion sense include • balance for vehicle tracking, pitch, roll, and yaw, change in speed • vibrations could indicate vehicle problems or road conditions that require adjustment	T17-7
EMOTIONS	**Introduce, model, practice and discuss** Strong emotions, both positive and negative, can effect drivers and how they use reduced risk driving decisions • When a driver slides in behind the wheel of a motor vehicle, the driver takes responsibility for the lives of people in the vehicle and others sharing the road Concentration is vital to safe driving • The driver's seat is no place for daydreaming, window shopping, intense conversation, or looking at scenery ... There have been too many crashes after which the surviving driver said *"I don't know what happened"* • Driver error causes more than 90 percent of highway crashes	T17-8
◆ **Mental Effects of Emotion**	Emotions and their possible driving-related behaviors • Excited—drive inattentive, speed • Angry—drive aggressive, speed • Sad—slow reaction time • Depressed—slow reaction time • Anxious—slow reaction time, distracted, difficulty identifying potential hazards • Stressed—drive aggressive, distracted • Worried—drive inattentive • Frustrated—drive aggressive, speed • Depressed—concentration and coordination of vehicle controls	T17-9
◆ **Physical Effects of Emotion**	Strong emotions can affect thinking, reasoning, and decision-making Emotions affect the body • Heart rate increases • Breathing increases • Muscles tighten	T17-10

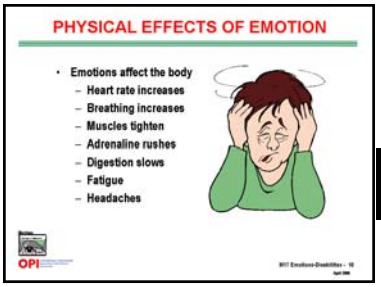
Student Learning Activities	Resources











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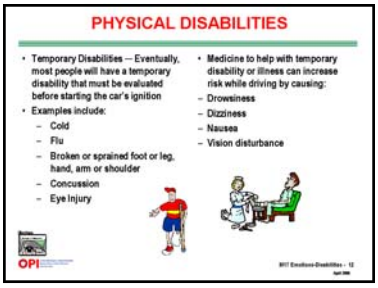
Instructional Topic	Content	Slide
◆ **Physical Effects of Emotion (Cont.)**	• Adrenaline rushes • Digestion slows • Fatigue • Headaches	
◆ **Ways to Control Emotions While Driving (Cont.)**	Expressing emotions while behind the wheel leads to distractions from the driving task Use techniques to control emotions • Use a space management system until it's a habit • Anticipate emotional situations and adjust attitude • Do NOT challenge other aggressive drivers • Adjust route to avoid frustrating situations • Be courteous • Avoid distracting discussions • Play music that soothes	T17-11
PHYSICAL DISABILITIES	**Introduce, model, practice and discuss** **Disabilities can be temporary or permanent** • Drivers can limit risk by being aware of how physical conditions can affect driving performance Eventually, most people will have a temporary disability that must be evaluated before starting the car's ignition	T17-12
◆ **Drivers with Temporary Disabilities**	Temporary illness or disability can dull senses (smelling, hearing), limit the physical movement in arms or legs, limit strength or endurance Examples include • cold • flu • broken or sprained foot or leg, hand, arm or shoulder • Concussion • eye Injury Medicine to help with temporary disability or illness can increase risk while driving by causing: • drowsiness • dizziness • nausea • vision disturbance Read the labels and talk with a physician or pharmacist about possible side effects	

Student Learning Activities	Resources



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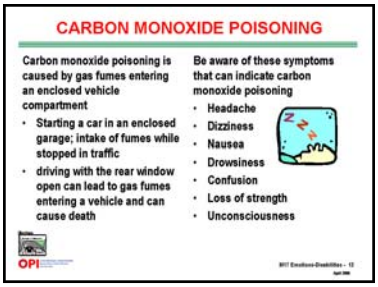
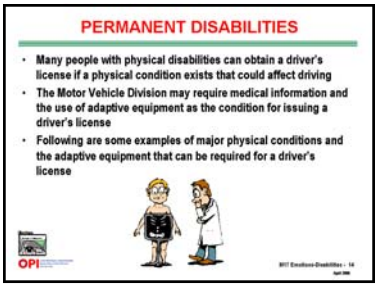
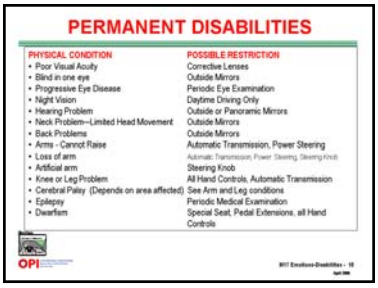
Instructional Topic	Content	Slide
◆ **Carbon Monoxide Poisoning**	Carbon monoxide poisoning is caused by gas fumes entering an enclosed vehicle compartment Starting a car in an enclosed garage, intake of fumes while stopped in traffic, driving with rear window of SUV open can lead to gas fumes entering a vehicle and can cause death Be aware of these symptoms that can indicate carbon monoxide poisoning • Headache • Dizziness • Nausea • Drowsiness • Confusion • Loss of strength • Unconsciousness	T17-13
◆ **Drivers with Permanent Disabilities**	With various types of adaptive equipment, many people with physical disabilities can obtain a driver's license If a physical condition exists that could affect driving, the Motor Vehicle Division may require medical information and the use of adaptive equipment as the condition for issuing an Operator's License Here are some examples of major physical conditions and the adaptive equipment that can be required	T17-14
	PHYSICAL CONDITION — **POSSIBLE RESTRICTION** Poor Visual Acuity — Corrective Lenses Blind in one eye — Outside Mirrors Progressive Eye Disease — Periodic Eye Examination Night Vision Limitations — Daytime Driving Only Hearing Problem — Outside or Panoramic Mirrors Neck Problem — Limited Head Movement — Left Outside Mirrors Back Problems — Outside Mirrors Arms - Cannot Raise — Automatic Transmission, Power Steering Loss of arm — Automatic Transmission, Power Steering, Steering Knob Artificial arm — Steering Knob Knee or Leg Problem — All Hand Controls, Automatic Transmission Cerebral Palsy (Depends on area affected) — See Arm and Leg Restrictions Epilepsy — Periodic Medical Examination Dwarfism — Special Seat, Pedal Extensions, all Hand Controls	T17-15

Student Learning Activities

Resources







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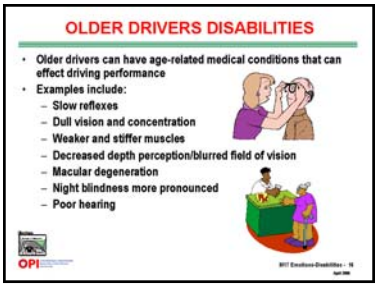
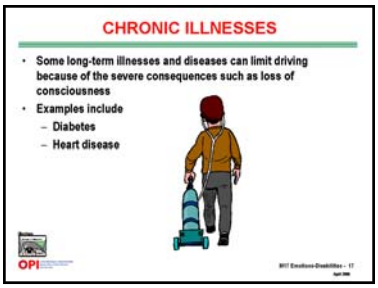
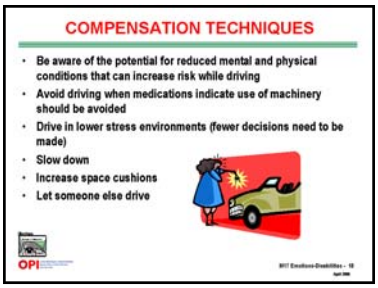
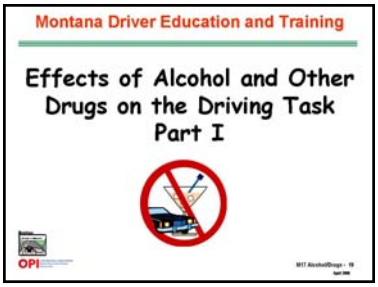
Instructional Topic	Content	Slide
◆ **Older Drivers**	Older drivers can have age-related medical conditions that can affect driving performance Examples include • slow reflexes • dull vision and concentration • weaker and stiffer muscles • decreased depth perception • blurred field of vision • night blindness more pronounced • poor hearing	T17-16
◆ **Chronic Illnesses**	Some long term illnesses and diseases can limit driving because of the severe consequences such as loss of consciousness Examples include • diabetes • heart disease	T17-17
◆ **Compensation Techniques**	Be aware of the potential for reduced mental and physical conditions that can increase risk while driving Avoid driving when medications indicate use of machinery should be avoided • Drive in lower stress environments where fewer decisions need to be made • Slow down • Increase space cushions • Let someone else drive	T17-18
ALCOHOL's EFFECT ON THE BODY	**Introduce, model, practice and discuss** Alcohol is a drug which depresses the central nervous system • As a depressant, alcohol slows the activity of the brain and the spinal cord	T17-19
	The drinker experiences the depressant action of the alcohol in reduced tension and lowered inhibitions • These feelings can frequently be observed in the drinker as s/he becomes more active, talkative, and loud and as s/he begins to do and say things that are not a part of his or her normal behavior pattern • Even though these feelings come from the slowing down effects (depressant) of the alcohol, they are referred to as "getting high"	T17-20

Student Learning Activities	Resources









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Instructional Topic	Content	Slide
ALCOHOL's EFFECT ON THE BODY (Cont.)	If enough alcohol is consumed, drowsiness, sleep, unconsciousness and eventually, death will result	T17-21
	Unlike most food, alcohol does not have to be digested • Once swallowed, it is absorbed directly into the blood stream through the walls of the stomach and small intestine within one to two minutes ... If there is food in the stomach, this absorption process may be slowed • Once in the bloodstream, the alcohol is distributed to all parts of the body, including the brain and liver	T17-22
	As the amount of alcohol in the blood increases, several things happen to the body • The mind simply cannot manage to put it all together and, as a result, the person may exhibit poor judgment • Inhibitions (person's inner voice that restrains or holds back impulsive behaviors) are reduced • Euphoric feelings can cause drivers to take risks they normally would not • Judgment, reasoning, and decision making are reduced ... Because judgment is reduced, drivers often feel they think sharper and quicker • Drivers have difficulty adjusting to changing light conditions, especially at night; resulting in decreased ability to see pedestrians • Fortunately, the effects of alcohol are temporary for the moderate drinker ... It takes time to recover because very small quantities of alcohol are eliminated through sweat, breath, and urine	T17-23 T17-24
	Alcohol can produce a wide range of effects, from a mild 'buzz' to death • This happens because of what is occurring in the brain when alcohol is consumed	T17-25
	Most drugs have very specific effects • They normally target one or two different systems in the brain • However, alcohol is different than these drugs - it affects almost *everything* in the brain in one way or another	
	Alcohol can poison the brain • One of the effects of excessive alcohol use is that it interferes with vitamin B absorption; this prevents the brain form working properly	
	Long term binge drinking can lead to a range of disorders, collectively known as alcohol related brain damage. • Symptoms can include learning and memory problems, and difficulties with balance	

Student Learning Activities | Resources

EFFECT OF ALCOHOL ON THE BODY

- Alcohol is a drug which depresses the central nervous system
- As a depressant, alcohol slows the activity of the brain and the spinal cord
- The drinker experiences the depressant action of the alcohol in reduced tension and lowered inhibitions
- These feelings can frequently be observed in the drinker as he/she becomes more active, talkative, loud and begins to do and say things that are not a part of his/her normal behavior pattern
- Even though these feelings come from the slowing down effects (depressant) of the alcohol, they are referred to as "getting high"
- If enough alcohol is consumed, drowsiness, sleep, unconsciousness and eventually, death will result

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EFFECT OF ALCOHOL ON THE BODY

- Unlike most food, alcohol does not have to be digested
- Once swallowed, it is absorbed directly into the blood stream through the walls of the stomach and small intestine within one to two minutes
- However, if there is food in the stomach, this absorption process may be slowed
- Once in the bloodstream, the alcohol is distributed to all parts of the body, including the brain and liver

OPI

EFFECT OF ALCOHOL ON THE BODY

- As the amount of alcohol in the blood increases, several things happen to the body
  - Vision becomes impaired
  - Depth perception becomes distorted and the pupils of the eyes react more slowly to variations in light
  - Coordination deteriorates
  - Eyes can become fixated (stare)
  - Because vision is distorted, scanning and orderly visual searching are reduced
  - The ability to solve problems is reduced and the ability to recall past events or learned knowledge is diminished
  - The mind simply cannot manage to put it all together and, as a result, the person may exhibit poor judgment
  - Inhibitions (persons inner voice that restrains or holds back impulsive behaviors) are reduced
  - Euphoric feelings can cause drivers to take risks they normally wouldn't

OPI

EFFECT OF ALCOHOL ON THE BODY

- Judgment, reasoning, and decision making are reduced
- Because judgment is reduced, drivers often feel they think sharper and quicker
- Fortunately, the effects of alcohol are temporary for the moderate drinker
- Very small quantities of alcohol are eliminated through sweat, breath, and urine

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EFFECT OF ALCOHOL ON THE BODY

- Alcohol can produce a wide range of effects, from a mild 'buzz' to death
- Most drugs have very specific effects
  - They normally target one or two different systems in the brain
- However, alcohol is different than these drugs
  - It affects almost *everything* in the brain in one way or another
- One of the effects of excessive alcohol use is that it interferes with vitamin B absorption; this prevents the brain form working properly

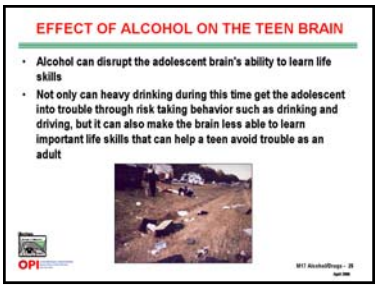
OPI

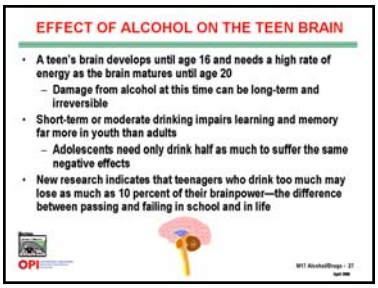
M17

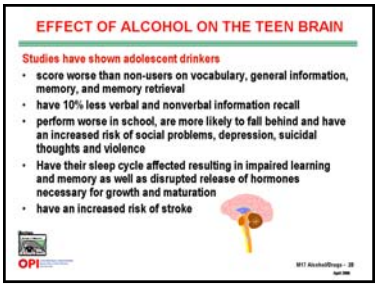
Instructional Topic	Content	Slide
◆ **Effect of Alcohol on the Teen Brain**	Tasks requiring divided attention (e.g. watching for oncoming traffic and changing traffic lights at the same time) are most sensitive to alcohol effects • Impairment of these tasks has been observed at blood alcohol levels of 0.02 percent, a blood alcohol level below that which would occur after consumption of a single standard drink for many people	T17-26
	Alcohol can disrupt the adolescent brain's ability to learn life skills • Not only can heavy drinking during this time get the adolescent into trouble through behavior such as risk taking or drinking and driving, but it can also make the brain less able to learn important life skills that can help one avoid trouble as an adult • The brain goes through dynamic change during adolescence, and alcohol can seriously damage long- and short-term growth processes	T17-27
	A teen's brain development and the refinement of pathways and connections continue until age 16, and a high rate of energy is used as the brain matures until age 20 • Damage from alcohol at this time can be long-term and irreversible • In addition, short-term or moderate drinking impairs learning and memory far more in youth than adults ... Adolescents need only drink half as much to suffer the same negative effects • New research indicates that teenagers who drink too much may lose as much as 10 percent of their brainpower—the difference between passing and failing in school and in life	T17-28
	The American Medical Association (AMA) reports the following • Adolescent drinkers scored worse than non-users on vocabulary, general information, memory, memory retrieval and at least three other tests • Verbal and nonverbal information recall was most heavily affected, with a 10 percent performance decrease in alcohol users • Adolescent drinkers perform worse in school, are more likely to fall behind and have an increased risk of social problems, depression, suicidal thoughts and violence • Alcohol affects the sleep cycle, resulting in impaired learning and memory as well as disrupted release of hormones necessary for growth and maturation • Alcohol use increases risk of stroke among young drinkers	T17-29
◆ **Amount of Alcohol in Drinks Vary**	Scientific evidence suggests that even modest alcohol consumption in late childhood and adolescence can result in permanent brain damage • All alcohol beverages have one thing in common: they contain alcohol The alcoholic content of some beverages is stated in terms of proof, a number which is actually double its alcoholic content	

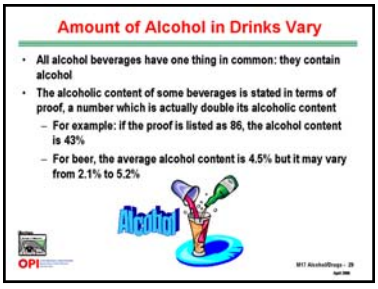
Student Learning Activities

Resources









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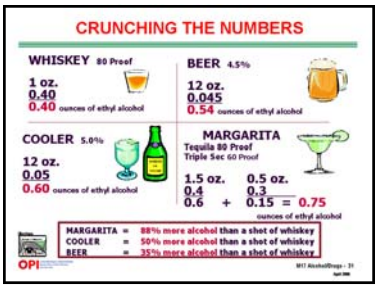
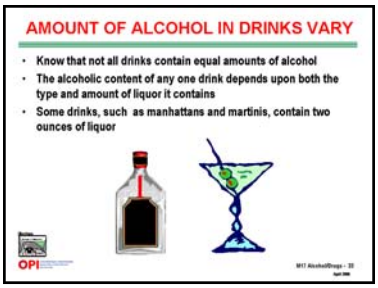
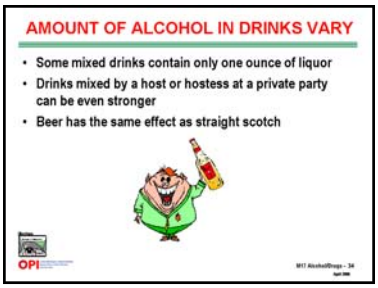
Instructional Topic	Content	Slide
◆ **Amount of Alcohol in Drinks Vary (Cont.)**	• For example: if the proof is listed as 86, the alcohol content is 43 percent • For beer, the average alcohol content is 4.5 percent but it may vary from 2.1 percent to 5.2 percent • Crunch the numbers and know alcohol content Table wines usually have an alcohol content of 12 percent but it can also range from 10 percent to 18 percent • A wine having an alcohol content greater than 18 percent is a fortified wine meaning that more alcohol was added • Wine coolers have an alcohol content which can vary from 4.9 percent to 6.0 percent Know that not all drinks contain equal amounts of alcohol • The alcoholic content of any one drink depends upon both the type and amount of liquor it contains • Some drinks, such as manhattans and martinis, contain two ounces of liquor • Some mixed drinks contain only one ounce of liquor • Drinks mixed by a host or hostess at a private party can be even stronger • Beer has the same effect as straight scotch	T17-30 T17-31 T17-32 T17-33 T17-34
BLOOD ALCOHOL CONCENTRATION	**Introduce, model, practice and discuss** Blood Alcohol Concentration (BAC) is the ratio between alcohol and blood The drinking driver is the number one cause of fatal traffic crashes nationally • Nearly 50 percent of all fatal collisions in the nation are alcohol related • All 50 states and the District of Columbia have laws defining drinking and driving as a crime to drive with a blood alcohol concentration (BAC) at or above a prescribed level, usually 0.08 percent ... All but three states use 0.08 percent as the illegal level of intoxication for driving; the other three states use 0.10 percent Blood Alcohol Concentration (BAC), which may also be referred to as Blood-Alcohol Level (BAL), is a measure of the amount of alcohol in a person's blood expressed as a percent by volume • For example, if an individual has a BAC of 0.08 percent BAC (8/100 of 1 percent alcohol), this means that there is 8/10 of a drop of alcohol for every 1000 drops of blood in a person's body • BAC can be determined by testing a person's blood, breath, urine, or saliva ... However, testing the breath is the quickest, least complicated and most frequently used test to determine BAC Tasks affected by BAC • Divided attention • Complex reaction time • Tracking and steering • Information processing	T17-365 T17-36 T17-37 T17-38

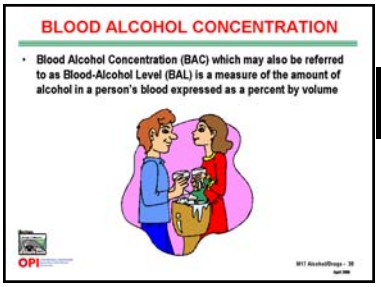
Student Learning Activities

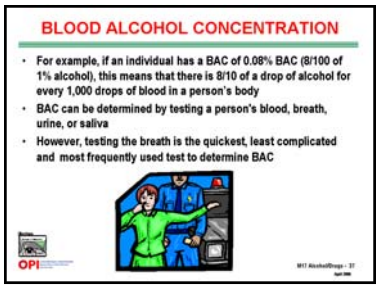
Resources

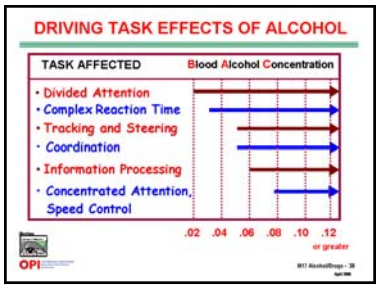












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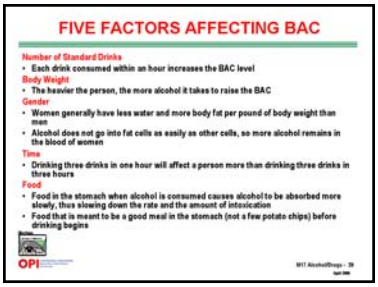
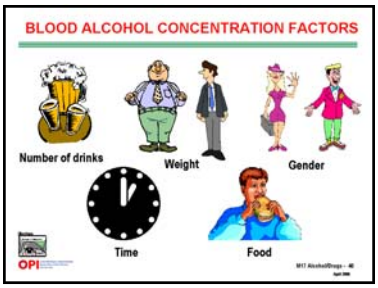
Instructional Topic	Content	Slide
◆ **Factors Affecting BAC**	**There are five factors that affect BAC** 1. Number of standard drinks 2. Body weight 3. Gender 4. Time 5. Food	T17-39
◆ **Number of Drinks**	Each drink consumed within an hour increases the BAC level • The more a person drinks in a fixed period of time, the higher the BAC will register • The faster a person drinks, the more quickly alcohol is available to be absorbed into the bloodstream ... Beverages which contain more alcohol are usually absorbed more quickly and, thus, increase BAC	T17-40
◆ **Body Weight**	The heavier the person, the more alcohol it takes to raise the BAC • This is a factor because larger persons have more blood and other fluids than smaller persons and therefore alcohol will be more diluted in larger persons • If a smaller person tries to drink as much as the larger person, the BAC increases faster and the drinks will have a quicker effect Body fat also affects how quickly alcohol is absorbed • A person with more body fat will show signs of intoxication before a person with low body fat • For a 200 pound male (240 pound female) each drink raises the blood alcohol level by 0.016 percent; each hour reduces the blood alcohol level by about the same amount (0.015 percent) • For people of this weight, one drink per hour will result in little or no increase in their BAC • For a 100 pound male (120 pound female) each drink raises the BAC by 0.032 percent but each hour still reduces it by only 0.015 percent	
◆ **Gender**	Women generally have less water and more body fat per pound of body weight than men • Alcohol does not go into fat cells as easily as other cells, so more alcohol remains in the blood of women • This accounts for the fact that if a man and a woman of the same weight drink the same number of drinks, the woman's BAC would be higher	
◆ **Time**	Drinking three drinks in one hour will affect a person more than drinking three drinks in three hours • This happens no matter what the person weighs or what kind of alcoholic beverage is consumed • When alcohol is consumed over longer periods of time, the BAC rate also slows	

Student Learning Activities	Resources





M17

Instructional Topic	Content	Slide
◆ **Food**	Food in the stomach when alcohol is consumed causes alcohol to be absorbed more slowly, thus slowing down the rate and the amount of intoxication • Food means a good meal in the stomach (not a few potato chips) before drinking begins • The BAC can be about 75 percent of that which will result when drinking on an empty stomach	
◆ **Other Factors Affected by Alcohol**	There are other factors that influence a person's subjective experience of the effects of alcohol • Mood: a person who is depressed may feel the effects more quickly • Tolerance: a person who drinks regularly may show less outward effects because they learn to compensate for some of the effects of alcohol • Fatigue: a person who is tired may feel the effects of alcohol more quickly • Experience: How long and how much a person has been drinking	T17-41 T17-42
◆ **Elimination Rate**	The body disposes of most alcohol through oxidation (burning) in the liver • The oxidation takes place at a constant rate and nothing can be done to slow down or accelerate the process • It continues until all of the alcohol has been burned; in other words, only time will "sober" up a person • When alcohol reaches the liver, it immediately begins to be oxidized ... Alcohol is eliminated from the body at the rate of about one drink per hour The simplest way to think about blood alcohol levels is to compare the drinking process to filling a sink • You can run the tap as fast or as slow as you want, but the sink drain (in this case a very small drain), will allow it to empty only so fast • The "blood alcohol sink" will drain only at the rate of 0.015 percent BAC per hour • Only time can sober a person who has been drinking and it is a slow process	T17-43 T17-44 T17-45 T17-46 T17-47 T17-48 T17-49 T17-50
EFFECT OF DRUGS ON THE BODY	There are many types of drugs, legal and illegal, that can effect the ability to drive with reduced risks • Drug types are over-the-counter, prescription, stimulants, depressants or hallucinogens Driving after taking drugs can be just as deadly as alcohol • Drugs may cause a person to become sleepy and affects thinking or acting appropriately	

Student Learning Activities

Resources

THE BODY REMOVES ONE DRINK PER HOUR

125 lb. female		
12 oz beer/hour	BAC in 1 hr	6 hrs later
1	0.04	Sober
3	0.12	0.03 BAC
6	0.24	0.15 BAC

155 lb. male		
12 oz beer/hour	BAC in 1 hr	6 hrs later
1	0.03	Sober
3	0.09	Sober
6	0.18	0.09 BAC

DOING THE MATH ON ONE DRINK PER HOUR
125 lb. Female

Drinks one 12 oz. Regular Beer (7:00 PM)
BAC level would be 0.04

After One hour: 0.04 – 0.015 = 0.025 BAC

Drinks Another 12 oz. Regular Beer (8:00 p.m.)
After Second hour: 0.025 + 0.04 = 0.065 BAC
0.065 - 0.015 = 0.05 BAC

Drinks Another 12 oz. Regular Beer (9:00 p.m.)
After Third hour: 0.05 + 0.04 = 0.09 BAC
0.09 – 0.015 = 0.075 BAC

Drinks Another 12 oz. Regular Beer (10:00 p.m.)
After Fourth hour: 0.075 + 0.04 = 0.115 BAC
0.115 - 0.015 = 0.10 BAC

Drinks Another 12 oz. Regular Beer (11:00 p.m.)
After Fifth hour: 0.10 + 0.04 = 0.14 BAC
0.14 - 0.015 = 0.125 BAC

Drinks Another 12 oz. Regular Beer (Midnight)
After Sixth hour: 0.125 + 0.04 = 0.165 BAC
0.165 - 0.015 = 0.15 BAC

DOING THE MATH ON ONE DRINK PER HOUR
135 lb. Male

Drinks one 12 oz. Regular Beer (7:00 p.m.)
BAC level would be 0.03

After One hour: 0.03 - 0.015 = 0.015 BAC

Drinks Another 12 oz. Regular Beer (8:00 p.m.)
After Second hour: 0.015 + 0.03 = 0.045 BAC Level
0.045 - 0.015 = 0.03 BAC

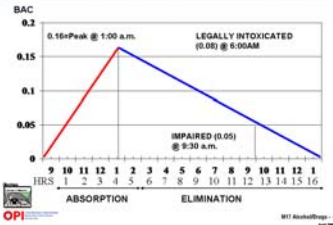
Drinks Another 12 oz. Regular Beer (9:00 p.m.)
After Third hour: 0.03 + 0.03 = 0.06 BAC Level
0.06 – 0.015 = 0.045 BAC

Drinks Another 12 oz. Regular Beer (10:00 p.m.)
After Fourth hour: 0.045 + 0.03 = 0.75 BAC level
0.075 – 0.015 = 0.06 BAC

Drinks Another 12 oz. Regular Beer (11:00 p.m.)
After Fifth hour: 0.06 + 0.03 = 0.09 BAC Level
0.09 – 0.015 = 0.075 BAC

Drinks Another 12 oz. Regular Beer (Midnight)
After Sixth hour: 0.075 + 0.03 = 0.105 BAC Level
0.105 – 0.015 = 0.09 BAC

Stops Drinking @ 12:30 a.m. – Elimination



BAC EFFECT ON THE BODY

	BAC LEVEL*
Decision Making	0.03-0.04
Release of Inhibitions	0.04
Reflexes	0.05-0.10
Coordination/Motor Ability	0.10
Confusion/Disorientation	0.15
Stupor	0.20-0.30
Coma	0.30-0.40
Death	0.40 or more

* Effect begins at this BAC rate and continues to deteriorate as BAC rises

DIFFERING EFFECTS OF ALCOHOL

- Other factors which influence a person's effect of alcohol are:
  - Mood: a depressed person may feel the effects more quickly
  - Tolerance: a person who drinks regularly may show less outward effects because they learn to compensate for some of the effects of alcohol
  - Fatigue: a person who is tired may feel the effects of alcohol more quickly
  - Experience: How long and how much a person has been drinking

DIFFERING EFFECTS OF ALCOHOL

- Tolerance
- Mood
- Fatigue
- Age/Experience
- Expectations
- Surroundings

ELIMINATION RATE

- The body disposes of most alcohol through oxidation (burning) in the liver
  - The oxidation takes place at a constant rate and nothing can be done to slow down or accelerate the process
  - It continues until all of the alcohol has been burned; in other words, only time will "sober" up a person

ELIMINATION RATE

- Alcohol is eliminated from the body at the rate of about one drink per hour
- The simplest way to think about blood alcohol levels is to compare the drinking process to filling a sink
  - You can run the water tap as fast or as slow as you want, but the sink drain (in this case a very small drain), will allow it to empty only so fast
  - The "blood alcohol sink" will drain only at the rate of 0.015% BAC per hour
- Only time can sober a person who has been drinking and it is a slow process

ELIMINATION OF ALCOHOL

Breath, Urine, Sweat } 10%

LIVER 90%

PROCESS:

About 0.015 BAC Reduction Per Hour

Therefore:
BAC of 0.05 = 3.5 hours for removal
BAC of 0.07 = 5.0 hours for removal
BAC of 0.10 = 7.0 hours for removal
BAC of 0.15 = 10.0 hours for removal

M17

Instructional Topic	Content	Slide
◆ **Marijuana**	Marijuana is a green, brown, or gray mixture of dried, shredded flowers and leaves of the hemp plant (Cannabis saliva) • Before the 1960's, many Americans had never heard of marijuana, but today it is the most often used illegal drug in this country	T17-51
	Cannabis is a term that refers to marijuana and other drugs made from the same plant • There are about 400 chemicals in a cannabis plant, but the THC is the one that affects the brain the most	
	Using marijuana puts children and teens in contact with people who are users and sellers of other drugs • There is more of a chance for a marijuana user to be exposed to and urged to try more drugs	T17-52
	Within a few minutes of inhaling marijuana smoke, the user will likely feel, along with intoxication, dry mouth, rapid heartbeat, some loss of coordination and a poor sense of balance, and decreased reaction time • Blood vessels in the eye expand, so the user's eyes look red • For some people, marijuana raises blood pressure slightly and can double the normal heart rate • Marijuana hinders the user's short-term memory and he/she may have trouble handling complex tasks	T17-53
	Marijuana has adverse effects on many of the skills needed for driving a car • Because of the drug's effects on perceptions and reaction time, users could be involved in automobile crashes • These effects may include difficulty in judging distances and delayed reactions to sights and sounds that drivers need to notice • When users combine marijuana with alcohol, as they often do, the hazards of driving can be more severe than with either drug alone	T17-54
◆ **Cocaine**	Cocaine is a white powder that comes from the leaves of the South American cocoa plant • Cocaine is either "snorted" through the nasal passages or injected intravenously • Users call it by a variety of names including coke, C, snow, blow, toot, nose candy, flake, and The Lady • Cocaine belongs to a class of drugs known as stimulants, which tend to give temporary illusion of limitless power and energy that leaves the user feeling depressed, edgy, and craving more	T17-55

Student Learning Activities

Resources

OTHER DRUGS: Marijuana

- Marijuana is a green, brown, or gray mixture of dried, shredded flowers and leaves of the hemp plant (Cannabis saliva)

OPI

OTHER DRUGS: Marijuana

- Marijuana hinders the user's short-term memory and he/she may have trouble handling complex tasks
- Because of the drug's effects on perceptions and reaction time, users could be involved in automobile crashes

A goblet or two faces?

An old or young woman?

OPI

OTHER DRUGS: Marijuana

- Marijuana has adverse effects on many of the skills needed for driving a car
  - These effects may include difficulty in judging distances and delayed reactions to sights and sounds that drivers need to notice
- When users combine marijuana with alcohol, as they often do, the hazards of driving can be more severe than with either drug alone
- Senses of sight, hearing, touch, time, and depth are distorted
- Physical performance is affected

OPI

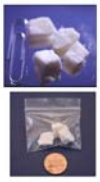
OTHER DRUGS: Marijuana

- Critical skills for safe operation of motor vehicles including measures of coordination, tracking, and vigilance, memory, learning, attention, information processing, decision-making, and perception are impaired following cannabis use
- Marijuana causes acute effects on impairment for up to 4-6 hours following typical recreational use
- Principle effects are on divided attention, vigilance, tracking, decision making and perception

OPI

OTHER DRUGS: Cocaine

- Cocaine is a white powder that comes from the leaves of the South American cocoa plant
- Crack is a form of cocaine that has been chemically altered so that it can be smoked
- Cocaine and crack are highly addictive
- Cocaine is the powdered form of the drug, usually sniffed up the nose, but sometimes diluted and injected into a vein.
- Crack is the purest form of cocaine and is smoked



OPI

M17

Instructional Topic	Content	Slide
◆ **Cocaine (Cont.)**	Crack is a form of cocaine that has been chemically altered so that it can be smoked • Cocaine and crack are highly addictive • This addiction can erode physical and mental health and become so strong that these drugs dominate all aspects of an addict's life • Cocaine and crack use has been a contributing factor in a number of drownings, car crashes, falls, burns, and suicides **Physical characteristics associated with the use of cocaine or crack** • Increases in blood pressure, heart rate, breathing rate, and body temperature • Heart attacks, strokes, and respiratory failure • Hepatitis or AIDS through shared needles • Brain seizures • Reduction of the body's ability to resist and combat infection **Psychological risks associated with the use of cocaine or crack** • Violent, erratic, or paranoid behavior • Hallucinations and "coke bugs" - a sensation of imaginary insects crawling over the skin • Confusion, anxiety, and depression, loss of interest in food or sex • Cocaine psychosis - losing touch with reality, loss of interest in friends, family, sports, hobbies, and other activities	
◆ **Methampheta-mine**	Methamphetamine is a powerfully addictive stimulant that dramatically affects the central nervous system	T17-56
	• Commonly known as: meth, speed, chalk, crystal, crank, glass, ice	T17-57
	Recent studies have demonstrated that “meth” causes more damage to the brain than alcohol, heroin, or cocaine	T17-58
	• It is a white, odorless, bitter-tasting crystalline powder that easily dissolves in water or alcohol • Users may become addicted quickly, and use it with increasing frequency and in increasing doses • In contrast to cocaine, which is quickly removed and almost completely metabolized in the body, methamphetamine has a much longer duration of action and a larger percentage of the drug remains unchanged in the body ... This results in methamphetamine being present in the brain longer • Another long term effect is on the brain—the dead spots in the brain tissues appear to be brown mush	T17-59
	Chronic methamphetamine abusers exhibit symptoms that can include violent behavior, anxiety, confusion, and insomnia	T17-60
	• They also can display a number of psychotic features, including paranoia, auditory hallucinations, mood disturbances, and delusions (for example, the sensation of insects creeping on the skin)	

Student Learning Activities | Resources

OTHER DRUGS: Methamphetamine

- Methamphetamine is a powerfully addictive and violent drug
- Its use can result in fatal kidney and lung disorders, brain damage, liver damage, chronic depression, and other physical and mental disorders
- Recent studies have demonstrated that meth causes more damage to the brain than alcohol, heroin, or cocaine

METHAMPHETAMINE

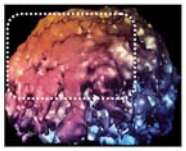
Commonly known as:

- Meth
- Speed
- Chalk
- Crystal
- Crank
- Glass
- Ice

METHAMPHETAMINE

- It is a white, odorless, bitter-tasting crystalline powder that easily dissolves in water or alcohol
- Users may become addicted quickly, and use it with increasing frequency and in increasing doses
- In contrast to cocaine, which is quickly removed and almost completely metabolized in the body, methamphetamine has a much longer duration of action and a larger percentage of the drug remains unchanged in the body
- This results in methamphetamine being present in the brain longer

EFFECT OF METH ON THE BRAIN



Dead spots in the brain tissue appear to be brown mush

METHAMPHETAMINE

- Chronic methamphetamine abusers exhibit symptoms that can include violent behavior, anxiety, confusion, and insomnia
- Abusers suffer paranoia, auditory hallucinations, mood disturbances, and delusions (for example, the sensation of insects creeping on the skin)
- The paranoia can result in homicidal as well as suicidal thoughts
- Impairment causes distraction, disorientation, motor excitation, hyperactive reflexes, general cognitive impairment, or withdrawal and fatigue
- Methamphetamine may cause dizziness, blurred vision, or restlessness, and it may hide the symptoms of extreme tiredness

M17

Instructional Topic	Content	Slide
◆ **Methampheta-mine (Cont.)**	• Paranoia can result in homicidal as well as suicidal thoughts • Impairment includes distraction, disorientation, motor excitation, hyperactive reflexes, general cognitive impairment, or withdrawal and fatigue • Methamphetamine may cause dizziness, blurred vision, or restlessness, and it may hide the symptoms of extreme tiredness • Initially causes increased alertness, decreased appetite, and a distorted sense of well-being, which can last 8 to 24 hours • The toxic, acidic ingredients that make up crystal methamphetamine cause a condition known as "meth mouth," characterized by rampant tooth decay, gum disease and cracks in teeth	T17-61
	Methamphetamine use among young people in Montana is higher than the national average—8.3 percent of Montana teens admit ever using methampheta-mine, compared with 7.6 percent nationwide • Montana high school youth who use methamphetamines are also more likely (49 percent vs.16 percent) to have driven a car after drinking alcohol than students who do not use methamphetamines	T17-62
	Effect on the driving task Studies have reported drive-off-the-road type crashes, high speed, failing to stop, diminished divided attention, inattentive driving, impatience, and high risk driving	T17-63
	• Significant impairment of driving performance would also be expected during drug withdrawal • Driving and driver behaviors include speeding, improper lane travel, erratic driving, crashes, nervousness, rapid and non-stop speech, unintelligible speech, disorientation, agitation, staggering and awkward movements, irrational or violent behavior, and unconsciousness	T17-64
	The consequences after 10 years of Meth use is dramatic	T17-65
◆ **Over-The-Counter (OTC)**	Some drugs that can be purchased without a prescription from a doctor Examples include: • Aspirin or other pain relievers • Cold and allergy remedies • Arthritis and back pain medications Physical effects of OTC drugs: • Drowsiness, dizziness, slowed reaction time and poor judgment Always read the labels and know the effects that can occur when taking prescription and/or non-prescription drugs before driving	T17-66

Student Learning Activities | Resources

METHAMPHETAMINE

- The toxic, acidic ingredients that make up crystal methamphetamine cause a condition known as "meth mouth," characterized by rampant tooth decay, gum disease and cracks in teeth

A 23-year-old man's teeth after using meth for three years

OPI

METHAMPHETAMINE

- Methamphetamine use among young people in Montana is higher than the national average — 8.3% of Montana teens admit ever using methamphetamine, compared with 7.6% nationwide
- Montana high school youth who use methamphetamines are also more likely (49 percent vs.16 percent) to have driven a car after drinking alcohol than students who do not use methamphetamines

Leftover products used to make Meth

OPI

METHAMPHETAMINE

- In studies of drive-off-the-road type accidents, high speed, failing to stop, diminished divided attention, inattentive driving, impatience, and highrisk driving have been reported
- Significant impairment of driving performance would also be expected during drug withdrawal
- Driving and driver behaviors include speeding, lane travel, erratic driving, accidents, nervousness, rapid and non-stop speech, unintelligible speech, disorientation, agitation, staggering and awkward movements, irrational or violent behavior, and unconsciousness

OPI

METHAMPHETAMINE

- Methamphetamine causes impairment acutely and chronically, with significant withdrawal effects
- Early phase effects include motor excitation, inattention, aggressive driving, risk taking, speeding, fleeing police
- Late phase effects include cognitive impairment, irritability, depression, fatigue, and sleepiness
- Effects and blood concentration are not well correlated

OPI

CONSEQUENCES OF METH USE

Ten Years of Meth Use

OPI

OVER-THE-COUNTER (OTC)

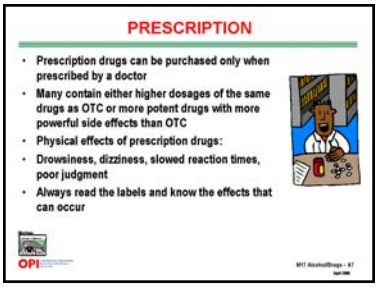
- Examples include
  - Aspirin or other pain relievers
  - Cold and allergy remedies
  - Arthritis and back pain medication
- Physical effects of OTC drugs
  - Drowsiness, dizziness, slowed reaction times, poor judgment
  - Always read the labels and know the effects that could occur

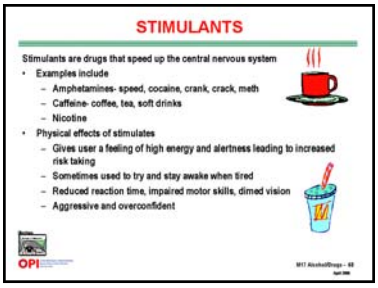
OPI

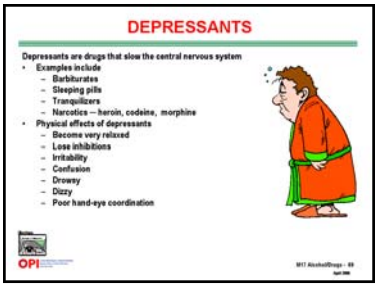
M17

Instructional Topic	Content	Slide
◆ **Prescription**	Prescription drugs can be purchased only when prescribed by a doctor Many contain either higher dosages of the same drugs as OTC or more potent drugs with more powerful side effects as OTC Physical effects of prescription drugs: • Drowsiness, dizziness, slowed reaction times, poor judgment Always read the labels and know the effects that can occur when taking prescription and/or non-prescription drugs before driving	T17-67
◆ **Stimulants**	Stimulants are drugs that speed up the central nervous system Examples include: • Amphetamines—speed, cocaine, crank, crack • Caffeine—coffee, tea, soft drinks • Nicotine Physical effects of stimulants • Gives user a feeling of high energy and alertness leading to increased risk taking • Sometimes used to try and stay awake when tired • Reduced reaction time, impaired motor skills, dimmed vision • Aggressive and overconfident	T17-68
◆ **Depressants**	Depressants are a drug that slows the central nervous system Examples include • barbiturates, • sleeping pills • tranquilizers • narcotics—heroin, codeine, morphine Physical effects of depressants • become very relaxed • lose inhibitions • Irritability • confusion • drowsy • dizzy • poor hand-eye coordination Used to treat high blood pressure, relieve tension, calm nerves	T17-69

Student Learning Activities	Resources



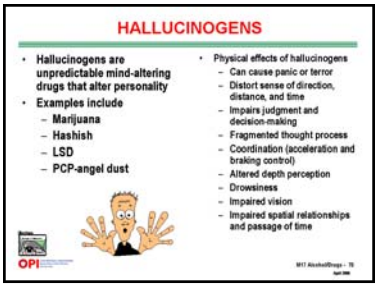




M17

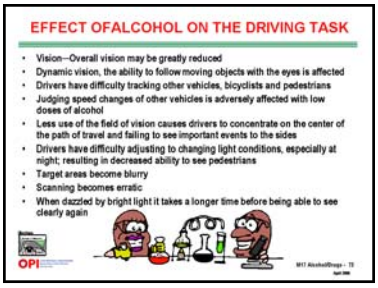
Instructional Topic	Content	Slide
◆ **Hallucinogens**	Hallucinogens are unpredictable mind-altering drugs that alter personality Examples include • Marijuana • Hashish • LSD • PCP-angel dust Physical effects of hallucinogens • Can cause panic or terror • Distort sense of direction, distance, and time • Impairs judgment and decision-making • Fragmented thought process • Coordination (think acceleration and braking control) • Altered depth perception • Drowsiness • Impaired vision • Impaired spatial relationships and passage of time	T17-70
◆ **Combined Effects of Mixing Alcohol and Drugs**	Mixing drugs and alcohol can cause a synergistic affect • This means that the effects of the drug multiply to become more than one plus one Most states "Driving Under the Influence" laws includes ALL drugs If alcohol is consumed while taking certain medications, a person may feel and be more impaired, which can affect the ability to perform driving-related tasks	T17-71
EFFECT OF ALCOHOL AND DRUGS ON THE DRIVER	**Introduce, model, practice and discuss** What do alcohol and drugs do to driving skills? As a drug, alcohol is a depressant which while appearing to give you a lift, can and will affect your driving skills in the following ways: • Judgment—The decision-making process is much slower and decisions may be faulty such as ... driving too fast or too slow, ... passing unsafely, ... Inattention, and ... trying to beat a train.	T17-72

Student Learning Activities	Resources



Instructional Topic	Content	Slide
EFFECT OF ALCOHOL AND DRUGS ON THE DRIVER (Cont.)	• Vision—Overall vision may be greatly reduced with alcohol and drugs ... Dynamic vision, the ability to follow moving objects with the eyes is affected ... Drivers have difficulty tracking other vehicles, bicyclists and pedestrians ... Judging speed changes of other vehicles is adversely affected with low doses of alcohol ... Less use of the field of vision causes drivers to concentrate on the center of the path of travel and failure to see important events to the sides ... Drivers have difficulty adjusting to changing light conditions, especially at night; resulting in decreased ability to see pedestrians ... Target areas become blurry ... Scanning becomes erratic ... When dazzled by bright light it takes longer to see clearly again	T17-73
	• Reaction time—It takes longer to react and move the foot from the gas pedal to the brake ... This slowed-down reaction time can be the difference between arriving safely or not arriving at all ... Reaction time is impaired at a BAC of 0.03 ... Even though drivers may stay in their lane, they may have trouble steering straight	T17-74
	• Divided attention—Driving involves visual and mental attention to many things both inside and outside the vehicle ... Under the influence of alcohol and drugs, the mind wanders and concentration is difficult ... Inside the vehicle, drivers must pay attention to the speedometer, passengers, gauges, and sounds ... Outside the vehicle, drivers must pay attention to other vehicles, pedestrians, signs and signals, roadway markings for example ... Research has demonstrated that attention can be affected by a BAC as low as 0.02 ... Speed control is difficult to maintain	T17-75
	• Risk taking—Drivers under the influence of alcohol and drugs do not realize their judgment, reaction, and decision-making are affected ... They think they are doing fine and are not aware of the risks that they may be taking ... Drivers may not realize what they are doing ... Drinking drivers may be overly cautious and drive slower than normal traffic ... When under the influence of alcohol a person may no longer know when to stop	T17-76

Student Learning Activities	Resources



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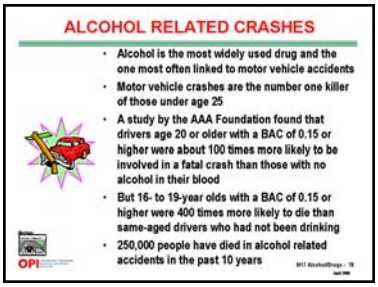
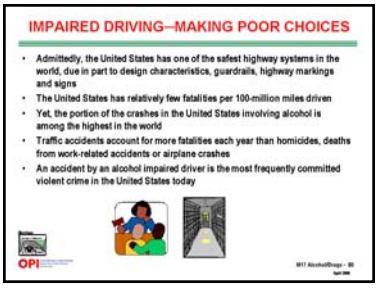
Instructional Topic	Content	Slide
EFFECT OF ALCOHOL AND DRUGS ON THE DRIVER (Cont.)	• Coordination — Hand/eye and foot/eye coordination are needed to correctly steer, brake, and accelerate ... Impairment of these driving tasks can result in loss of vehicle control ... A BAC as low as 0.02 can impair these abilities Someone under the influence of alcohol or drugs is often the last person to realize he/she is impaired and often doesn't remember his/her actions the next day • Even when told, they often will only remember how well they think they did	T17-77
◆ **Probability of Crash Involvement**	Alcohol is the most widely used drug and the one most often linked to motor vehicle crashes • Motor vehicle crashes are the number one killer of those under age 25 A study by the AAA Foundation found that drivers age 20 or older with a BAC of 0.15 or higher were about 100 times more likely to be involved in a fatal crash than those with no alcohol in their blood • But 16 to 19 year olds with a BAC of 0.15 or higher were 400 times more likely to die than same-aged drivers who had not been drinking • 250,000 people have died in alcohol related crashes in the past 10 years Presently 25,000 people are killed each year in alcohol related crashes • 500 people are killed each week in alcohol related crashes • 71 people are killed each day in alcohol related crashes • One American life is lost every 20 minutes in alcohol related auto crashes It is estimated that one out of every two Americans will be involved in an alcohol related crash in his or her lifetime At highest risk are young people	T17-78 T17-79
◆ **Impaired Driving— Making Poor Choices**	Admittedly, the United States has one of the safest highway systems in the world, due in part to design characteristics, guardrails, highway markings and signs • We have relatively few fatalities per 100-million miles driven ... Yet, the portion of our crashes involving alcohol is among the highest in the world • Traffic crashes account for more fatalities each year than homicides, deaths from work-related crashes or airplane crashes • A crash by an alcohol impaired driver is the most frequently committed violent crime in the United States today	T17-80

Student Learning Activities

Resources



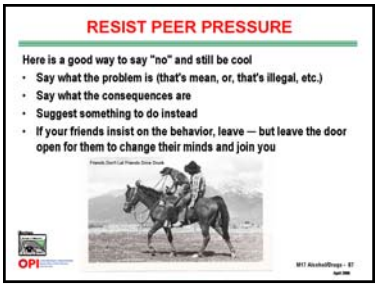


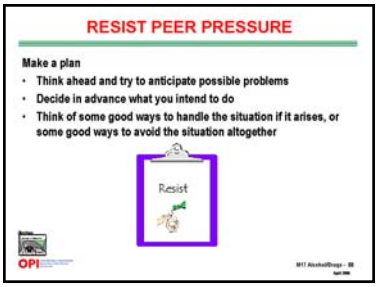
Instructional Topic	Content	Slide
◆ **Impaired Driving — Making Poor Choices (Cont.)**	Other alcohol-related statistics show the involvement of alcohol in many non-driving aspects • 40 percent of all suicide attempts are alcohol-related • 54 percent of all violent crimes are alcohol-related • 60 percent of all emergency room admissions are alcohol-related • 80 percent of all domestic disputes are alcohol-related • Over 50 percent of all fatal highway crashes involving two or more cars are alcohol related • Over 65 percent of all fatal single car crashes are alcohol related • Over 36 percent of all adult pedestrian crashes are alcohol related • 80 percent of all fatal alcohol related auto crashes occur between 8:00 p.m. and 8:00 a.m. • 36 percent of all adult pedestrian crashes involve an intoxicated pedestrian Drinking and driving are a lethal combination	T17-81
◆ **Intervention to Prevent Impaired Driving**	A person who gets behind the wheel after consuming alcohol or taking drugs is not only endangering the lives of him/herself as well as any passengers, but also the lives of everyone else on the road at the time Impaired driving is 100 percent PREVENTABLE What can be done to help prevent more drunk driving fatalities? • The answer is simple—anything you have to do to stop drinking and driving • There is always an alternative when trying to stop a drunk from getting behind the wheel	T17-82 T17-83
	There are some steps that can be taken to prevent more impaired driving fatalities • If it is a close friend, try and use a soft, calm approach at first—suggest to them that they've had too much to drink and it would be better if someone else drove or if they took a cab • Be calm—Joke about it—Make light of it • Try to make it sound like you are doing them a favor • If it is somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over the keys—usually they will listen • If it's a good friend, or significant other, tell them that if they insist on driving, you are not going with them—suggest that you will call someone else for a ride, take a cab, or walk • Locate their keys while they are preoccupied and take them away—most likely, they will think they've lost them and will be forced to find another mode of transportation • If possible, avoid embarrassing the person or being confrontational, particularly when dealing with men—this makes them appear vulnerable to alcohol and its effects	T17-84

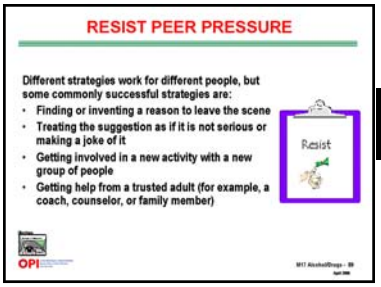
Student Learning Activities	Resources

Instructional Topic	Content	Slide
◆ **Intervention to Prevent Impaired Driving (Cont.)**	• Be a designated driver Most people don't intend to drive home drunk, but too many find themselves at the end of the night without a sober designated driver • Unfortunately, many of these drivers convince themselves and friends that they are able to drive with the comment, "I'm okay, I'm just buzzed" How can you tell if someone is too drunk to drive? What to look out for • Loss of coordination • Use of loud or profane language • Frequent trips to the restroom • Slow reflexes and reaction time	T17-85
◆ **Resist Peer Pressure**	Peer pressure is the feeling of being pushed toward making a certain choice—good or bad • A peer is someone in your own age group • Peer pressure is the feeling that someone your own age is pushing you toward making a certain choice—good or bad • Peer pressure can be hard to resist "Just say no" has become a slogan used to tell people how to respond when they feel pressure to drink or smoke or engage in a harmful activity • Saying "no" to friends can be very hard • You may be afraid of what they'll think of you if you don't go along with them Here is a good way to say "no" and still be cool • Say what the problem is (that's mean, or, that's illegal, etc.) • Say what the consequences are • Suggest something to do instead • If your friends insist on doing it anyway, leave—but leave the door open for them to change their minds and join you Sometimes you can make it easier on yourself by preparing in advance for a possible pressure situation—have a plan Here are some things you can do ahead of time • Think ahead and try to anticipate possible problems • Decide in advance what you intend to do • Think of some good ways to handle the situation if it arises, or some good ways to avoid the situation altogether	T17-86 T17-87 T17-88 T17-89

Student Learning Activities	Resources



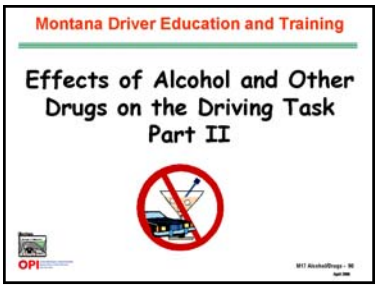


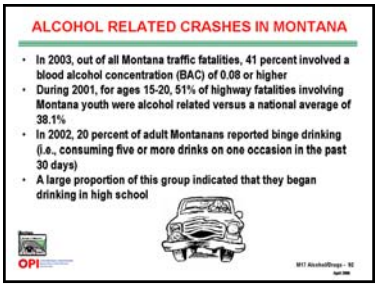


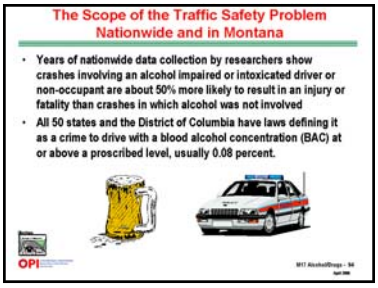
M17

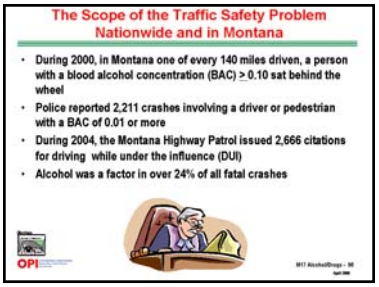
Instructional Topic	Content	Slide
◆ **Resist Peer Pressure (Cont.)**	Different strategies work for different people, but some commonly successful strategies are: • finding or inventing a reason to leave the scene • treating the suggestion as if it is not serious or making a joke of it • getting involved in a new activity with a new group of people • getting help from a trusted adult (for example, a coach, counselor, or family member)	
AVOID IMPAIRED DRIVERS ON THE ROAD	**Introduce, model, practice and discuss** Traffic crashes involving drinking historically have been and continue to be a major problem in Montana	T17-90
	• Alcohol related crashes tend to result in more severe injuries than do crashes with no alcohol involvement	T17-91
	• In 2003, out of all Montana traffic fatalities, 41 percent involved a blood alcohol concentration (BAC) of 0.08 or higher	T17-92
	• During 2001, for ages 15-20, 51 percent of highway fatalities involving Montana youth were alcohol related versus a national average of 38.1 percent • In 2002, 20 percent of adult Montanans reported binge drinking (i.e., consuming five or more drinks on one occasion in the past 30 days) • A large proportion of this group indicated that they began drinking in high school	
	• In 2003, 65 percent of deaths among youth aged 15 to 19 years old in Montana were attributed to crashes ... Seventy-one percent of these accidental deaths were due to motor vehicle crashes	T17-93
	• During 2005, a survey of high school students found 49 percent had at least one drink of alcohol during the past 30 days; 34 percent had five or more drinks of alcohol in a row during the past 30 days ("binge drinking")	
◆ **The Scope of the Traffic Safety Problem Nationwide and in Montana**	Years of nationwide data collection by researchers show crashes involving an alcohol impaired or intoxicated driver or non-occupant are about 50 percent more likely to result in an injury or fatality than crashes in which alcohol was not involved	T17-94
	All the states and the District of Columbia have laws defining it as a crime to drive with a blood alcohol concentration (BAC) at or above a proscribed level, usually 0.08 percent	T17-95
	During 2000, in Montana one of every 140 miles driven, a person with a blood alcohol concentration (BAC) $\geq$ 0.10 sat behind the wheel • Police reported 2,211 crashes involving a driver or pedestrian with a BAC of 0.01 or more	

Student Learning Activities	Resources









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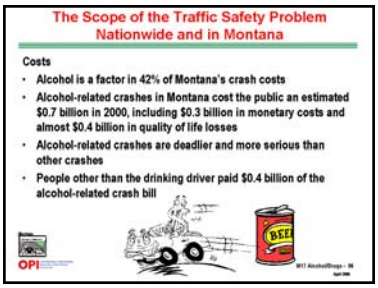
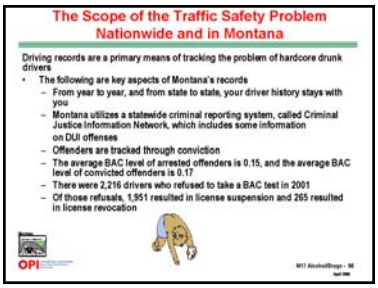
Instructional Topic	Content	Slide
◆ **The Scope of the Traffic Safety Problem Nationwide and in Montana (Cont.)**	During 2004, the Montana Highway Patrol issued 2,666 citations for driving while under the influence (DUI) • Alcohol was a factor in over 24 percent of all fatal crashes	T17-96
	Costs Alcohol is a factor in 42 percent of Montana's crash costs • Alcohol-related crashes in Montana cost the public an estimated $7 billion in 2000, including $3 billion in monetary costs and almost $4 billion in quality of life losses • Alcohol-related crashes are deadlier and more serious than other crashes • People other than the drinking driver paid $4 billion of the alcohol-related crash bill	
	Costs per Alcohol-Related Injury The average alcohol-related fatality in Montana costs $3.4 million • $1.0 million in monetary costs • $2.4 million in quality of life losses • The estimated cost per injured survivor of an alcohol-related crash averaged $96,000	T17-97
	Driving records are a primary means of tracking the problem of hardcore drunk drivers	
	The following are key aspects of Montana's records: • From year to year, and from state to state, your driver history stays with you • Montana utilizes a statewide criminal reporting system, called Criminal Justice Information Network, which includes some information on DUI offenses • Offenders are tracked through conviction • The average BAC level of arrested offenders is 0.15, and the average BAC level of convicted offenders is 0.17 • There were 2,216 drivers who refused to take a BAC test in 2001 ... Of those refusals, 1,951 resulted in license suspension and 265 resulted in license revocation	T17-98
◆ **The Culture of Drinking**	Drinking is a cultural norm that has been in existence for centuries • The types of alcohol and social attitude toward drinking varies around the world ... In Europe teens can drink legally at age 16—a glass of wine with dinner is common—but can't drive until they are 18 years old	
	Generally, people drink for five reasons 1. Quench thirst 2. To get drunk (binge drinking) 3. To enjoy a social setting 4. As part of a religious or traditional ceremony 5. Custom	T17-99

Student Learning Activities

Resources





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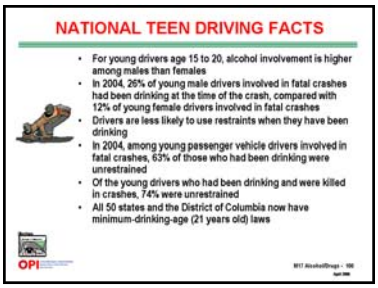
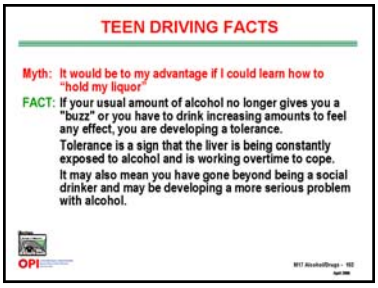
Instructional Topic	Content	Slide
◆ **The Culture of Drinking (Cont.)**	Social drinking plays an important (but not traditional) role in such social functions as dating and marriage For example, a person buying another a drink at a singles bar is a gesture that the one is interested in the other and often initiates conversation • Bad news is often delivered over a drink, good news is often celebrated by having a few drinks • Buying someone a drink is a gesture of goodwill • People have found as many reasons to meet for a drink as they have to meet for tea, coffee, or to eat For example, during a wedding free drinks are often served to guests during the reception, as a matter of celebration • There are those who believe drinking and driving is not a problem and should be a personal choice in spite of drunk driving fatalities • Legislators are also pressured to strengthen drunk laws while at the same time are pressured to reject strong laws against drinking and driving • When alcohol is so readily available, making choices can be a challenge, especially to someone who wants to be part of the group, accepted by peers	
◆ **Teen Driving Facts**	**Nationally** For young drivers age 15 to 20, alcohol involvement is higher among males than females In 2004, 26 percent of young male drivers involved in fatal crashes had been drinking at the time of the crash, compared with 12 percent of young female drivers involved in fatal crashes Drivers are less likely to use restraints when they have been drinking In 2004, among young passenger vehicle drivers involved in fatal crashes, 63 percent of those who had been drinking were unrestrained • Of the young drivers who had been drinking and were killed in crashes, 74 percent were unrestrained All the states and the District of Columbia now have minimum drinking age (21 years old) laws • It has been estimated that these laws have reduced traffic fatalities among 18- to 20-year-old drivers by 13 percent	T17-100
◆ **Excuses, Excuses**	People can create a variety of reasons to defend their decision to drink or use drugs and drive • The decisions are often based upon myth, not fact	

Student Learning Activities	Resources



Instructional Topic	Content	Slide
◆ **Excuses, Excuses (Cont.)**	Explore some of the myths that lead to excuses **Myth: Beer is less intoxicating than other types of alcoholic beverages** **FACT**: One 12-ounce can of beer, one 4-ounce glass of wine or one normal mixed drink or cocktail are all equally intoxicating **Myth: Cold Showers, fresh air or hot coffee help sober a person** **FACT**: Only time will remove alcohol from the system—It takes the body approximately one hour to eliminate the alcohol in one drink **Myth: Eating a big meal before you drink will keep you sober** **FACT**: Drinking on a full stomach will only delay the absorption of alcohol into the bloodstream, not prevent it—eating before drinking is not a defense against getting drunk **Myth: Everyone reacts to alcohol in the same way** **FACT**: Many factors can affect a person's reaction to alcohol—body weight, metabolism, gender, body chemistry, and many others **Myth: Alcohol is a great way to relax and reduce stress** **FACT:** Alcohol increases the level of stress that is placed on the body Adrenaline levels increase in the body as we drink We may feel more relaxed when we drink alcohol, but the body actually comes under additional stress **Myth: It would be to my advantage if I could learn how to "hold my liquor"** **FACT:** If your usual amount of alcohol no longer gives you a "buzz" or you have to drink increasing amounts to feel any effect, you are developing a tolerance • Tolerance is a sign that the liver is being constantly exposed to alcohol and is working overtime to cope • It may also mean you have gone beyond being a social drinker and may be developing a more serious problem with alcohol **Myth: Drugs are a bigger problem than alcohol.** **FACT:** Although alcohol use is legal and more socially acceptable, it is still classified as a drug • Alcohol has claimed the lives of more young people than cocaine, heroin, and every other illegal drug combined • About 18 million Americans are addicted to alcohol or have alcohol abuse issues Furthermore, alcohol is the No. 1 drug problem of today's youth	T17-101 T17-102 T17-103 T17-104

Student Learning Activities	Resources



Instructional Topic	Content	Slide
◆ **Excuses, Excuses (Cont.)**	**Myth: Someone who has had too much to drink will look drunk** **FACT:** The way someone looks can be misleading One drink can impair one's judgment and ability to drive Judgment is the first thing affected when someone has been drinking, motor skills are the second to go **Myth: One or two drinks will not affect driving ability** **FACT:** Alcohol is a depressant drug and therefore slows down reaction time and affects judgment with just one drink • The effects of alcohol not only depend on the amount consumed, but also on the user's past drinking experience, the way in which the alcohol is consumed, and a person's feelings or mood • The only safe way to drive is sober **Myth: If a person drinks or uses other drugs, they are only hurting themselves** **FACT:** People who drink or use drugs harm not only themselves, but others such as their families and friends who care about them • The costs are even greater if a person drinks and drives	T17-105
◆ **The Effect on Families and Communities**	The financial costs of drunk driving crashes is pale in comparison to the pain and suffering that many victims must endure, some for the rest of their lives • Families have had to bury loved ones due to drunk drivers • Families have lost their health and have fallen into deep depression • Families have had overwhelming grief to be coped with • Financial struggles usually occur for the families left behind	T17-106
◆ **Montana's Driving Under the Influence Laws**	Montana laws provide that a person driving with a blood alcohol concentration of 0.04 percent but less than 0.08 percent may be charged with DUI if that fact is considered with other competent evidence • Under the law, a driver is presumed to be impaired when the blood alcohol concentration reaches or exceeds 0.08 percent • For any impaired driving, there are serious, long-term consequences	T17-107 T17-108
	<u>First Time Offenders</u> • Will receive a minimum sentence of 24 hours in the county jail and a $300 fine • Could potentially be sentenced to a $1,000 fine and six months in county jail imprisonment • License may be suspended pending successful completion of a court-ordered chemical dependency assessment, education or treatment	T17-109

Student Learning Activities | Resources

TEEN DRIVING FACTS

Myth: One or two drinks will not affect driving ability

FACT: Alcohol is a depressant drug and therefore slows down reaction time and affects judgment with just one drink.
The effects of alcohol not only depend on the amount consumed, but also on the user's past drinking experience, the way in which the alcohol is consumed, and a person's feelings or mood.
The only safe way to drive is sober.

Myth: If a person drinks or uses other drugs, they are only hurting themselves

FACT: People who drink or use drugs harm not only themselves, but others such as their families and friends who care about them.
The costs are even greater if a person drinks and drives.

OPI

THE EFFECT ON FAMILIES AND COMMUNITIES

- The financial costs of drunk driving crashes is pale in comparison to the pain and suffering that many victims must endure, some for the rest of their lives
- Drunk drivers cause families to bury loved ones that results in families that lose their health and fall into deep depression and overwhelming grief to be coped with and/or
- Financial struggles usually occur for the families left behind

OPI

MONTANA'S ALCOHOL-RELATED FATALITIES

OPI

MONTANA'S DRIVING UNDER THE INFLUENCE LAWS

- Montana laws provide that a person driving with a blood alcohol concentration of 0.04% but less than 0.08% may be charged with DUI if that fact is considered with other competent evidence
- Under the law, a driver is presumed to be impaired when the blood alcohol concentration reaches or exceeds 0.08%
- For any impaired driving, there are serious, long-term consequences

OPI

MONTANA'S DRIVING UNDER THE INFLUENCE LAWS

A person convicted of driving under the influence of alcohol or drugs shall be punished as follows:

First Time Offenders

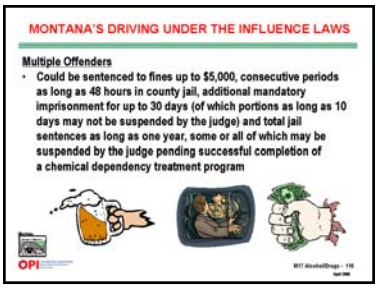
- Will receive a minimum sentence of 24 hours in the county jail and a $300 fine
- Could potentially be sentenced to a $1,000 fine and 6 months in county jail
- License may be suspended pending successful completion of a court-ordered chemical dependency assessment, education or treatment

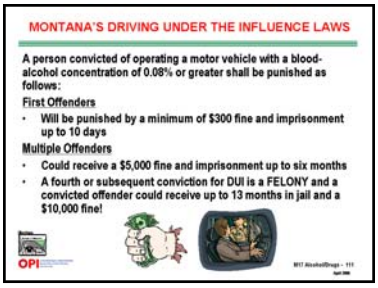
OPI

M17

Instructional Topic	Content	Slide
◆ **The Effect on Families and Communities (Cont.)**	Multiple Offenders • Could be sentenced to fines up to $5,000, consecutive periods as long as 48 hours in county jail, additional mandatory imprisonment for up to 30 days (of which portions as long as 10 days may not be suspended by the judge) and total jail sentences as long as one year, some or all of which may be suspended by the judge pending successful completion of a chemical dependency treatment program A person convicted of operating a motor vehicle with a blood-alcohol concentration of 0.08 percent or greater shall be punished as follows: First Offenders • Will be punished by a minimum of $300 fine and imprisonment up to 10 days Multiple Offenders • Could receive a $5000 fine and imprisonment up to 6 months • A 4th or subsequent conviction for DUI is a FELONY and a convicted offender could receive up to 13 months in jail and a $10,000 fine!	T17-110 T17-111
◆ **Minor in Possession**	Minor in Possession (MIP) convictions are no longer reported to the Motor Vehicle Division (MVD) and the MVD does not keep a tally of the number of offenses an offender has committed • However, if a judge decides to order the suspension of an offender's driver 's license, as part of the penalty for the MIP, then the judge sends that MIP conviction to MVD, with the notation that a license suspension is required • Upon receipt of the conviction, MVD takes the appropriate driver improvement action against the offender, such as suspending the offender's license for the number of days ordered by the court and that action is recorded in the driver improvement section of the offender's driving record	T17-112
◆ **Minor With a BAC of 0.02**	It is illegal in all 50 states to drink alcohol under the age of 21 • A minor under the age of 21 with a blood alcohol concentration of 0.02 or greater is a minor in possession First Offense • Fine not less than $100 or more than $500 and suspension of driver's license for 90 days Second Offense • Fine not less than $200 or more than $500, incarceration for no more than 10 days if age 18 or older, and suspension of driver's license for six months Third or Subsequent Offense • Fine of not less than $300 or more than $500, incarceration for not less than 24 hours or more than 60 days (if age 18 or older), and suspension of driver's	T17-113

Student Learning Activities	Resources





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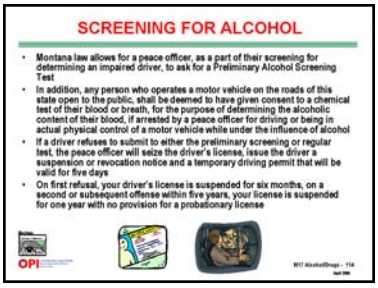
Instructional Topic	Content	Slide
◆ **Screening for Alcohol**	Montana law allows for a peace officer, as a part of their screening for determining an impaired driver, to ask for a Preliminary Alcohol Screening Test • In addition, any person who operates a motor vehicle on the roads of this state open to the public, shall be deemed to have given consent to a chemical test of their blood or breath, for the purpose of determining the alcoholic content of their blood, if arrested by a peace officer for driving or being in actual physical control of a motor vehicle while under the influence of alcohol • If you refuse to submit to either the preliminary screening or regular test, the peace officer will seize your driver's license, issue you a suspension or revocation notice and a temporary driving permit that will be valid for five days • On first refusal, your driver's license is suspended for six months, on a second or subsequent offense within five years, your license is suspended for one year with no provision for a probationary license	T17-114
◆ **Unlawful Attempt to Purchase or Possess Intoxicating Substance**	**MCA** **45-5-624. Unlawful attempt to purchase or possession of intoxicating substance -- interference with sentence or court order.** (1) A person under 21 years of age commits the offense of possession of an intoxicating substance if the person knowingly consumes or has in the person's possession an intoxicating substance. A person does not commit the offense if the person consumes or gains possession of the beverage because it was lawfully supplied to the person under 16-6-305 or when in the course of employment it is necessary to possess alcoholic beverages. (2) (a) In addition to any disposition by the youth court under 41-5-1512, a person under 18 years of age who is convicted under this section: (i) for the first offense, shall be fined an amount not less than $100 and not to exceed $300 and: (A) shall be ordered to perform 20 hours of community service; (B) shall be ordered, and the person's parent or parents or guardian shall be ordered, to complete and pay all costs of participation in a community-based substance abuse information course that meets the requirements of subsection (9), if one is available; and (C) if the person has a driver's license, must have the license confiscated by the court for 30 days, except as provided in subsection (2)(b); (ii) for a second offense, shall be fined an amount not less than $200 and not to exceed $600 and: (A) shall be ordered to perform 40 hours of community service; (B) shall be ordered, and the person's parent or parents or guardian shall be ordered, to complete and pay all costs of participation in a community-based substance abuse information course that meets the requirements of subsection (9), if one is available; (C) if the person has a driver's license, must have the license confiscated by the court for six months, except as provided in subsection (2)(b); and (D) shall be required to complete a chemical dependency assessment and treatment, if recommended, as provided in subsection (8)	

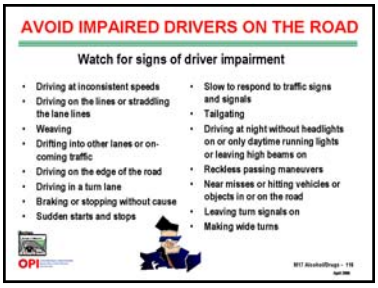
Student Learning Activities	Resources



Instructional Topic	Content	Slide
◆ **Administrative License Suspension and Implied Consent Laws**	A holder of a Montana driver license, by accepting the license, agrees to give consent to a chemical test of their blood, breath or urine for the purpose of determining the alcoholic content of the blood if arrested by a peace officer for driving or being in actual physical control of a motor vehicle while under the influence of alcohol • Refusal to submit to the test will result in the arresting officer seizing the driver's license and the driver will be issued a temporary driving permit that will be valid for five days • On first refusal, the driver's license will be suspended for a period of one year with no provision for a restricted probationary license When arrested, the officer will give a preliminary alcohol screening test • The officer must have reasonable grounds to believe the person has been driving or had been in actual physical control of a vehicle on the roads of the state and was under the influence of alcohol, drugs or a combination of the two	T17-115
AVOID IMPAIRED DRIVERS ON THE ROAD	**Introduce, model, practice and discuss** Most crashes with drunk drivers occur at night, on weekends, holidays, and vacation weekends Watch for signs of driver impairment • Driving at inconsistent speeds • Driving on the lines or straddling the lane lines • Weaving • Drifting into other lanes or on-coming traffic • Driving on the edge of the road • Driving in a turn lane • Braking or stopping without cause • Sudden starts and stops • Slow to respond to traffic signs and signals • Tailgating • Driving at night without headlights on or only daytime running lights or leaving high beams on • Reckless passing maneuvers • Near misses or hitting vehicles or objects in or on the road • Leaving turn signals on • Making wide turns	T17-116

Student Learning Activities

Resources



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Instructional Topic	Content	Slide
AVOID IMPAIRED DRIVERS ON THE ROAD (Cont.)	As a passenger look for signs the driver may be impaired • Gripping the steering wheel tightly • Slouching in the seat • Making strange or obscene gestures • Driving with windows open in cold weather • Sticking the head out of the window • Driving with face too close to the windshield • Not turning the head to scan • Talking too loud • Music played louder than normal Know what to do when a drunk driver is seen • Keep as much distance as possible away from the impaired driver • Do not pass someone demonstrating impaired driving behaviors • Pull off the road or turn on a side road when safe if the impaired driver is following • Note the color, make, model, license plate number if possible and direction of vehicle of the impaired driver • Report the impaired driver Montana Highway Patrol Emergency Reporting is 1-(800) 525-5555	T17-117 T17-118
ASSIGNMENT		
ASSESSMENT		

Student Learning Activities | Resources